

Hydration/Constipation/GERD

Brief Description of Course/Program: This curriculum teaches direct care staff to utilize positive supports when dealing with topics of hydration, constipation and GERD. This three part teaching model covers normal metabolism/physiology, causes of health issues, symptoms, complications and strategies for systemic plans/goals to treat these issues. Documentation of behavior and outcomes related to all three health issues covered.

Who Should Attend: QMRPs, Service Coordinators, Case Managers, Nurses, Direct Support Staff and anyone who works with people with developmental disabilities.

This is a 3 hour training designed for Direct Care Staff and anyone working with people that have intellectual disabilities.

Presented by: Southeast Indiana Outreach Services

Learning Objectives:

- Understand normal metabolism and physiology as related to hydration, constipation and GERD.
- Recognize signs and symptoms of above health related illnesses.
- Identify dietary, medication and environmental factors for treatment and interventions that are effective and appropriate for managing health issues.
- Evaluate forms and documentation considerations for issues of hydration, constipation and GERD.
- Create positive systematic plans and goals for treatment of hydration, constipation and GERD to enhance quality of life of consumers with developmental disabilities.
- Identify principles of lifestyle management to health issues of hydration, constipation and GERD.

COST: Free

Contact Lois Robinson, at 812-265-7489 or Lois.Robinson@fssa.in.gov for additional information.